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Health Care Tips For The Diabetic

ESPECIALLY FOR:

(patient's name)

Take Care of your... EYES

- See an eye doctor **EVERY YEAR** for a complete eye exam.
- See an eye doctor **SOONER** if:
 - your eyes hurt
 - you see dark spots
 - you have blurred vision
 - you have poor vision
- Regular eye exams and early treatment can prevent blindness.

Take Care of your... FEET

- Wash your feet every day.
- Wear clean, soft socks.
- Wear shoes that fit properly.
- Cut your toenails straight across.
- Do not go barefoot.
- Do not use hot water bottles or heating pads on your feet to keep warm.
- Have your doctor check your feet at each clinic visit.
- See your doctor as soon as possible if you have cuts, sores or blisters.

HIGH BLOOD PRESSURE

- Eat less salt.
- Eat less food from fast food restaurants.
- Eat fresh fruits and vegetables.
- Lose weight if you are overweight.
- Take your medications every day.
- Tell your doctor as soon as possible if your medications make you sick.
- Have your blood pressure checked regularly.

FOR WOMEN ONLY

You must try to control your diabetes **BEFORE** getting pregnant.

- See your doctor regularly.
- Take your medications every day.
- Eat **good** meals every day.
- See your doctor right away if you feel sick.
- Learn about diabetes and what can happen to you and your baby.
- Follow all the rules in this booklet.

GENERAL HEALTH CARE TIPS

- Take your **medications** every day.
- Eat food that is good for you.
- Follow the **SPECIAL DIET** your doctor gives you.
- Lose weight if you are overweight.
- Do not drink alcohol (beer, wine, or hard liquor).
- Do not smoke.
- Keep your clothes and body very clean.
- ◆ Take special care of your **feet**.
- ◆ See an **eye** doctor every year even if your vision seems fine.
- ◆ Have your **blood pressure** checked regularly.
- Make **regular appointments** with your doctor.
- Do not miss your appointment with your doctor.

- LEARN ABOUT DIABETES**

- ASK QUESTIONS**

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YOUR NOTES:

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*If you need to see a **doctor***
call one of the people listed below
to make an appointment.

This information is provided as a service of:

American Diabetes Association (Chicago)
Chicago Department of Health
Illinois Department of Public Health
Illinois Society for the Prevention of Blindness